What's happening

July/August 1988
A bimonthly calendar of public events at UC-San Francisco. Please come and enjoy.

UCSF-Laurel Heights Events

All events held at 3333 California St. Auditorium. 6-7:30 p.m. Free parking available. Call 476-3206.

Thurs., July 21: **Free Community Health Talk: Eating Disorders—The Role of Shame.**

Thurs., Aug. 4: **Free Community Health Talk: Does Exercise Prevent Osteoporosis?**

Campus Tours

All tours are free and take place at 1 p.m. on Tuesdays, July 5, 12, 19 & 26 and August 2, 9, 16, 23 & 30. Meet in the lobby of Medical Sciences building, 513 Parnassus. For further information call 476-4394.

Brown Bag Tours/Lectures

All lectures are free and held on Wednesdays at noon in Room 300, Health Sciences West (enter through 513 Parnassus). Videotapes of all talks are available for viewing in the UCSF Library, SIMA Unit, Room 345 Health Sciences East. For further information call 476-4394.

July 6: **Secrets of Achieving Financial Independence.**

July 13: **AIDS in the Workplace.** Risk reduction for health care workers.

July 20: **How Much is Enough?** The role of vitamins in health and nutrition.

July 27: **The Chernobyl Syndrome: How Much Fear is Justified?** How much should we worry about radiation?

Aug. 3: **Oh, My Aching Back!** Joe Montana's surgeon talks about preventing back pain at home and in the office.

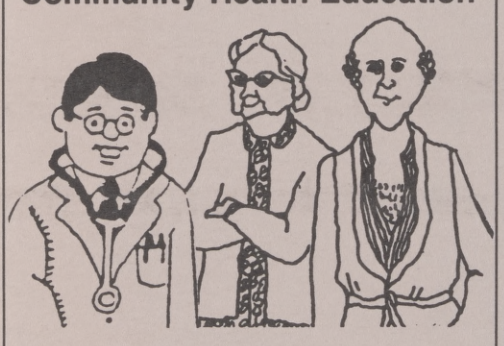
Aug. 10: **Grief is an Individual Journey.** Analysing three types of grieving.

Aug. 17: **How Aging Affects Your Mouth.** Self-examination of the mouth for older adults.

Aug. 24: **Food for Thought.** How Diet affects our mental health.

Aug. 31: **Nutrition for Sports & Exercise.** Key nutrients discussed, plus meal and snack suggestions.

Community Health Education



Brant Ward, SF Chronicle

Sponsored by UCSF Office of Public Service Programs, these free lectures by UCSF staff are geared to senior citizens. For further information call 476-3206.

Thurs., July 7: **Music Therapy.** Glide Seniors, 330 Ellis St. 1 p.m.

Fri., July 8: **Insomnia.** St. Mark's Lutheran Church Seniors, 1102 O'Farrell St. 10:45 a.m.

Tues., July 12: **Memory Loss.** Noe Valley Senior Center, 1021 Sanchez St. 12:30 p.m.

Fri., July 15: **Alzheimer's Disease.** SF Senior Center-Downtown, 481 O'Farrell St. 1 p.m.

Mon., July 18: **Sexual Health.** Salvation Army Senior Center, 240 Turk St. 10:30 a.m.

Tues., July 19: **Our Environment & Its Impact on Health.** Mission YMCA, 4080 Mission St. 10:45 a.m.

Tues., July 19: **Diabetes.** First Baptist Senior Adults, 21 Octavia St. 1 p.m.

Fri., July 29: **The Cost of Health Care & Reimbursement Issues for Seniors.** Family Service Agency, 1010 Gough St. 10:30 a.m.

Thurs., Aug. 4: **Grief & Bereavement.** SF Senior Center-Aquatic Park, 890 Beach St. 1 p.m.

Special Events

Thurs., July 7: **The Silence is Broken: Let's Open the Doors.** Becky Masaki, Asian Women's Shelter Project, discusses domestic violence in Asian families. Sponsored by UCSF Rape Prevention Education Program. Toland Hall, 533 Parnassus. Noon-1 p.m.

Fri., July 8: **Special Summer Blood Drive.** Due to the urgent need for blood during the summer months, the Irwin Memorial Blood Bank mobile van will be on campus near the UCSF Ambulatory Care Center, 400 Parnassus, 8 a.m.-5 p.m. Personal ID is requested.

Thurs., July 14, 21 & 28: **Creative Writing Workshop.** Facilitated by poet Gail Newman. Sponsored by UCSF Women's Resource Center & Millberry Union bookstore. 5-7 p.m. Room 517, Nursing Building (enter through 521 Parnassus). $20-$40. Call 476-5836 for information & registration.

AIDS/ARC Update '88

Fri.-Sat., July 15-16: Two-day educational program, co-sponsored by the UCSF AIDS Professional Education Project and many other Bay Area AIDS organizations. SF Civic Auditorium. Call 476-7882.

In Their Own Words

Bay Area women writers discuss their books, and the motivations and methods behind their work. Sponsored by UCSF Women's Resource Center and Millberry Union bookstore. All lectures in Toland Hall, 533 Parnassus. Noon-1 p.m. Free.

Thurs., July 14: **Nellie Wong.** Art, politics & community activism. Poetry reading from *Dreams in Harrison Railroad Park* and *The Death of Long Steam Lady*.

Tues., July 26: **Gloria Anzaldua.** Chicana/Tejana lesbian feminist reads from *Borderlands/La Frontera: The New Mestiza* and *This Bridge Called My Back*.

Thurs., Aug. 11: **Marion Zimmer Bradley.** Science fiction best-selling author of *The Mists of Avalon*, she will read from *Firebrand*, a new novel about the Trojan war.

Tues., Aug. 23: **Luisa Teisch**. Dancer, actress, story teller, priestess in the Yoruba tradition. She reads from *Jambalaya: A Natural Women's Book of Personal Charms & Practical Rituals* and *What Don't Kill is Fattening*.

Art Exhibits

Hospitals Auxiliary Exhibit: On display for the month of July in the lobby of Moffitt/Long Hospitals, 505 Parnassus, are framed oil paintings, black & white photography, shadowgrams & color photography. On display during August will be color photography, mini-etchings, water colors, collage & mini-acrylics. A portion of all proceeds benefits patients at the Medical Center at UCSF. To purchase or reserve work, visit the Auxiliary Office, Rm. 182, Moffitt Hospital, 505 Parnassus, 9 a.m.-4 p.m., or call 476-4906.

Faculty/Alumni House Exhibit: On display through August 26 will be painter Gloria Zernik's retrofigurative abstract paintings. Faculty/Alumni House, 745 Parnassus. 9 a.m.-5 p.m. Call 476-4723.

Mobile Mammography Screening Program

Women can have low-cost mammograms—x-rays to screen for breast cancer—from a mobile van that travels to convenient shopping or downtown locations in San Francisco and remains for a week at a time. Women need the approval of their physicians to have the mammogram. The procedure takes approximately 20 minutes and costs only $40. To make an appointment call 990-0459 or 476-2193 between 9 a.m. and 3:30 p.m. The van will be at the following locations during July and August:

- July 5-8: Embarcadero, on Drumm St. between Sacramento & Clay.
- July 11-15: Taraval St., between 17th & 18th Aves.
- July 18-22: PG&E Corp., 77 Beale St. between Mission & Market.
- July 25-27: Palo Alto Senior Center, 450 Bryant, Palo Alto. For appointments call Ellen Dietrick, 327-2881.
- July 28-29: Mission Neighborhood Health Center, 240 Shotwell St. at 16th. For appointments call Sheila, 552-3870.
- Aug. 1-5: Embarcadero, on Drumm St. between Sacramento & Clay.
- Aug. 8-12: UCSF Laurel Heights parking lot, 3333 California St.
- Aug. 15-19: Marina Green parking lot near Ft. Mason & the Safeway.
- Aug. 22-23: Twin Pines Park Senior Center, 1223 Ralston Ave., Belmont. For appointments call Debra Yoder, 595-7444.
- Aug. 24-26: Westlake Shopping Center, on Park Plaza Dr. near Safeway.
- Aug. 29-Sept. 2: Sunset district, on Irving St. between 25th & 26th Aves.

Children's Summer Films

All films are shown on Fridays in Cole Hall, 513 Parnassus. Showtimes are 10 a.m., 1:30 & 6:15 p.m. Children under 12 & accompanying adult(s) $2; UCSF students, seniors, & Millberry Union members $2.50; general $3. Group rates available for first two shows if requested in advance by calling 476-2542. Seating for first two shows is limited so please arrive at least one-half hour before showtime. For further information call 476-2571.

July 8: **Snow White & the Seven Dwarfs.**

July 15: **The Aristocats.**

July 22: **The Secret of NIMH.**

July 29: **The Many Adventures of Winnie the Pooh.**

Nursing Courses

Full-day courses sponsored by the Medical Center at UCSF, Department of Nursing. 8:30 a.m.-4:30 p.m. For exact locations call 476-2993.

Wed., July 13: **Medical Problems/Surgery.**

Mon., July 25: **Hematology/Oncology/Immunology.**

Wed., July 27: **Leadership Workshop.**

Outdoors Unlimited

Located on Parnassus Ave., street level in the University Hospital Bldg. between 3rd and 4th Ave., Outdoors Unlimited offers outdoor adventures for the neighborhood and campus community. Sign up for activities from 11:30 a.m. to 1:30 p.m. or 5 to 7 p.m., Monday & Friday; 11:30 a.m. to 1:30 p.m. or 4 to 6 p.m. Tuesday to Thursday. Two-week advance registration and attendance at a pre-trip meeting is required for most events. Pre-trip meetings and classes take place in Milberry Union, 500 Parnassus. For further information and a free brochure listing all events call 476-2078.

Sat.-Sun, July 16-17: **Backpacking.** Mokelumne Wilderness.

Tues., July 19: **Welcome to Outdoors Unlimited.** Free introduction to the program. OU Center. 7 p.m.

Sat.-Sun., July 23-24; Aug. 6-7; Aug. 20-21: **Beginning Boardsailing Skills Clinics.**

Sat.-Sun., July 23-24; Aug. 20-21: **Introduction to Safe Climbing Skills Clinics.** At a Sierra climbing site.

Sat.-Sun., July 30-31; Aug. 6-7: **Basic Canoeing Skills Clinics.**

Sat., Aug. 6: **River Emergency Response Challenge.** Waddell Creek, Big Basin State Park.

Thurs.-Sun., Aug. 18-21: **Camping & Hiking.** White Mountains.

Sat.-Sun., Aug. 27-28: **River Canoeing Skills Clinic.**

PRO: Recreation & Fitness

Over 100 classes for the active and the inactive person. Summer classes include aerobics, weight management program, healthy neck and back care, massage & relaxation, yoga, dance, tennis and much more! Special Children's Summer Program includes day camp field trips, swimming, kindergym, dance/movement & parent-child aerobics. Registration for classes was in late June, but many still have openings. For further information and a free brochure listing all classes call 476-1800.

Massage Service

Experience the healthful benefits of a professional massage at the Millberry Union Athletic Facility, 500 Parnassus. Open seven days a week, Mon.-Fri. 8 a.m-8:30 p.m., Sat. 9 a.m.-7 p.m. & Sun. 1:30-6:30 p.m. UCSF students, Millberry Union members & seniors $15 half hour, $21 hour; general $18 half hour, $24 hour. Gift certificates available. Call 476-1115 or visit the Millberry Union Athletic Desk.

To Our Neighbors is produced by the UCSF News and Public Information Services Department. For further information call 476-1541.

UCSF
University of California, San Francisco
...A Health Sciences Campus

To our neighbors

July/August 1988
A summary of recent news stories from the University of California, San Francisco . . . A Health Sciences Campus.
Volume 13, Number 4

New Center for Patients with Chronic Pain

Before she was referred to the new UCSF Pain Management Center, Cynthia Galloway of San Francisco had seen half a dozen doctors, been x-rayed and had bone scans and MRI scans, tried more than a dozen different drugs, and learned biofeedback and relaxation therapy to try to get relief from the constant burning pain in her back and abdomen.

But the pain just got worse. What's more, the doctors could find nothing wrong with her back.

The UCSF Pain Management Center, which has opened on the third floor of 350 Parnassus, is designed to deal with patients like Galloway who have exhausted all standard medical remedies for their chronic pain.

Director Warren McKay, MD, gave Galloway the first relief she'd had in two years. He provided her with a portable device that pumped a local anesthetic directly into her spine—a drastic measure usually taken only with cancer patients in constant pain. The pump was only temporary, but it decreased her pain to a bearable level.

The new Pain Center telephone number is 476-4276. A 24-hour coverage is available by long-range beeper 957-7197.

Treatment for Deadly Bone Marrow Cancer

The results of bone marrow transplantation for multiple myeloma are so encouraging that UCSF is starting a new program using autologous (self-donated) bone marrow transplants as a new treatment for the disease. The program is in collaboration with Johns Hopkins, the only other institution in the US offering the new therapy.

A cancer of the bone marrow that until now has always been fatal, multiple myeloma is one of the most deadly forms of cancer and most patients die within five years.

Although allogeneic (matched donor) bone marrow transplants show promise of being an effective treatment for multiple myeloma, said Charles Linker, MD, who is directing the new program, the new autologous program will offer the benefits of bone marrow transplants to many more myeloma patients.

As many as 20 percent of multiple myeloma patients may be candidates for the self-donated marrow procedure, in contrast to five percent for matched donor transplants. For further information call 476-1421.

Using a Synthetic Hormone to Shrink Fibroids

UCSF researchers have successfully used a synthetic hormone to shrink fibroids, making surgical removal easier and offering the potential to "tide over" premenopausal women with fibroids.

Treatment with nafarelin—a synthetic form of gonadotropin releasing hormone (GnRH)—shrank most of the growths in 11 women who had fibroid symptoms, according to Robert Jaffe, MD, professor and chair of ob/gyn and reproductive sciences.

For further information call 476-2564.

Mikkel Aaland

George Washington High beat Lowell and took home the trophy and the $1,000.

Washington High Wins Unique Science, Health Contest

Amid squeals of joy and lots of hugging, five George Washington High School students were awarded first prize in the high school division in a science and health teaching contest sponsored by UCSF in partnership with the SF Unified School District. Lowell High came in second.

The winning students, juniors and seniors Ian Clunies-Ross, Claudine Yue, Sandy Sun, Irene Chan and Michelle Wong, won for their course on "mimicry"—how insects and animals change their appearance to protect themselves from predators. The $1,000 prize money will be shared by the students ($100 each), their science teacher, Emil Fogarino ($250), and their high school ($250 to purchase science equipment).

The first place trophy and $1,000 prize in the middle school division went to A.P. Giannini eighth graders Anna Sverbilov and Lily Wong, who taught third graders everything they wanted to know about energy—solar, wind and water. Their science teacher, Erla Hackett, and the school's science department each received $250.

The awards—eight in each division—were presented at a special campus ceremony on June 7 by Chancellor Krevans and SF schools Superintendent Ramon Cortines.

The teaching contest, which will be an annual event, was just one part of the unique Science Education Partnership Program, launched this year by UCSF scientists and San Francisco science teachers to help maintain quality science education.

"Shapedown: Just for Kids"

Sitting down to a plate of cottage cheese when the rest of your family is having pizza can be a lonely and frustrating experience, especially for an obese child.

Now a new UCSF program focuses on weight management for kids by changing lifestyle and eating habits of the whole family. Designed for youngsters 6 to 11 years old, the program is called "Shapedown: Just for Kids."

"Each child is encouraged to take responsibility for his or her own weight, but parents also are asked to set the stage for weight loss by making some changes of their own, such as switching to lighter foods," says Laurel Mellin, MA, RD, who heads the project.

The new program is available in the Bay Area through UCSF, and soon programs will be available nationwide. For further information call 453-8886.

UCSF, Mount Zion Partnership

The Joint Program and Planning Board of Mount Zion Hospital and Medical Center and UCSF has recommended in principle a proposal to solidify the partnership that the two institutions began in December 1984—subject to the results of a feasibility study and ultimate approval by the Mount Zion Board of Directors and the UC Board of Regents.

Bone Mass Can Be Increased in Women Athletes

Physicians have known for years that young women athletes who stop menstruating suffer reduced bone mass that may put them at high risk for osteoporosis—a dangerous thinning of the bones.

Now a UCSF study, led by radiologist Christopher E. Cann, PhD, has both bad news and good news for these women. Bone mass remains some 12 percent lower even 10-15 years after the athletes' periods have resumed, the study found, but increased dietary calcium can partly restore bone density in this group.

"If you don't prevent bone loss in women athletes who stop menstruating, it appears to be permanent," said Cann. Because they have less bone, he points out, these women probably will be more likely to develop osteoporosis as they age.

Cann emphasizes that something can be done about it. "Some athletes with bone loss from amenorrhea [no periods] can gain bone mass by taking in more calcium."

Free Teenage Drug Counseling

The UCSF Department of Family and Community Medicine offers free drug counseling to adolescents, 13 to 19, who have used drugs for at least three months during the past year. Funded by the National Institute on Drug Abuse, the program provides four months of counseling by trained therapists in two different locations—one in San Francisco, the other in the East Bay. At least one adult family member must participate. There is no waiting list. For further information call 821-8611.

Healthy Return Visitors

Allen J. Balderson

A healthy Catrina Hebert of Ukiah holds her son, Nicholas, during a recent visit to the UCSF Medical Center cancer unit where less than a year ago she underwent a specially modified course of chemotherapy for leukemia. With her disease in remission she gave birth to a healthy Nicholas, and six weeks later returned for an experimental autologous bone marrow transplant, in which doctors used her own bone marrow.

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Rush—Time Dated
July/August 1988

To our neighbors